



# Success Stories

## Coral Cliffs Elementary

Last year Coral Cliffs switched to having recess before lunch to help them achieve the Gold level. Mikelle Moody, an 8<sup>th</sup> grade Snow Canyon Middle School student, decided to test this premise for her Science Fair project. She compared the amount of lunch trash between two similar elementary schools – the first (Coral Cliffs) with a lunch after recess policy, and another with no policy. The two schools are near each other and have similar student populations. Though the menus at each school were the same daily, the student found a big difference between the amounts of waste leftover.

Day 1 - Coral Cliffs 59 more students and 30 lbs. less waste

Day 2 - Coral Cliffs 27 more students, and 1 lb. less waste

Day 3 - Coral Cliffs 48 more students, and 9 lbs. less waste

Day 4 - Coral Cliffs 34 more students and 14 lbs. less waste

Day 5 - Coral Cliffs 43 more students and 18 lbs. less waste



Even though every day Coral Cliffs had more students eat lunch, they always had less trash. It was obvious that students eat a better lunch and less food is wasted if the school has recess first.

Coral Cliff's principal, Teria Mortensen said, "Having lunch after recess gives students more time for enjoying their food as opposed to gulping down lunch so they can get outside to play." She adds that other benefits of recess before lunch

include:

- Students appear to be drinking more milk as well as eating more of their lunches
- Additional teacher supervision on the playground during lunchtime recess
- Students seem more ready to settle down to classroom activities after eating lunch

Coral Cliffs Elementary school teachers and students look forward to going for Platinum this year, and are already planning on working even harder to make their school environment even healthier.